

Jobs that teens CANNOT do:

14 and 15 year-olds CANNOT:

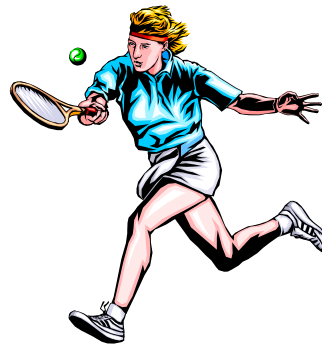
- Operate, set up, adjust, clean, oil, or repair power-driven food slicers, grinders, choppers, cutters, or bakery mixers.
- Cook (except at soda fountains, lunch counters, snack bars, and cafeteria serving counters). 14 and 15 year-olds can assemble and serve food.
- Load or unload trucks, conveyors, or cardboard compactors.
- Process meat.
- Work in freezers or meat coolers.
- Do work while elevated above floor level. No standing on a window sill, ladder, scaffold or similar equipment.
- Operate any motor vehicle.

16 and 17 year-olds CANNOT:

- Operate power-driven meat slicers.
- Operate bakery machines.
- Work in meat packing or processing.
- 16 year-olds cannot drive a motor vehicle or be an outside helper on a motor vehicle.
- 17 year-olds can operate a motor vehicle under some circumstances.

The only Great job is a safe *job*

Getting hurt at work can keep you from doing the things you love.



Arkansas Department of Labor
10421 W. Markham
Little Rock, AR 72205-2190
501-682-4523
<http://www.arkansas.gov/labor>

For information about age restrictions or hour restrictions for teenagers, call the Labor Standards Division at 501-682-4500

U B Safe In Food Service Jobs

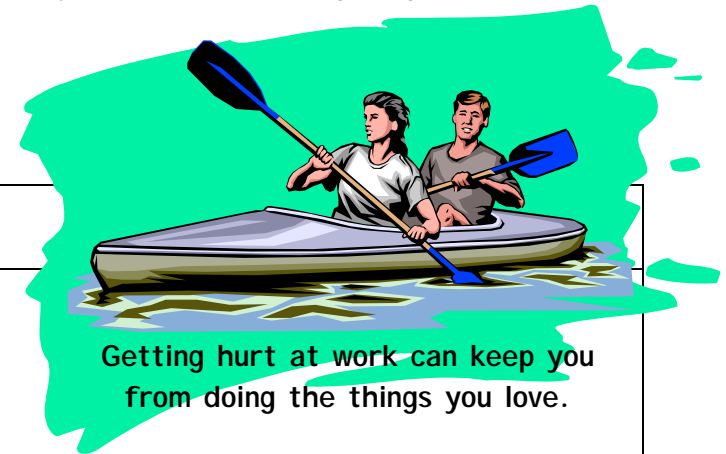


Mike Huckabee
Governor

James Salkeld
Director

Here are some things you can do to keep from getting hurt at work...

- 1) Know and follow all the safety rules and work procedures --- they're there because someone has already been hurt doing that.
- 2) Use all work equipment and safety equipment correctly --- ask your supervisor if you have any questions about doing it right!
- 3) Look out for your co-workers --- so they won't get hurt either.
- 4) Know what to do in emergency situations.
- 5) Tell your supervisor if you see something that is unsafe!
- 6) Don't do any jobs you haven't been trained to perform.



Hazard	How to B Safe
Falls	Always watch where you are going. Stand on slip-resistant floor mats. Keep doors and drawers closed. Keep aisles and doorways clear. Don't run & Don't jump off of or onto elevated areas. Keep floors as dry and as clean as possible and wear shoes with good grip.
Cuts and more	Pay attention to where you put your hands. Wear gloves when washing knives and other sharp objects. Don't clean equipment that is still connected to the power supply! Don't operate equipment that you're not authorized to operate!
Burns	Pay attention to where you put your hands and other body parts...OUCH!
Chemical Hazards	Know the hazards of the chemicals you use and the procedures for using them properly. Don't use different chemicals together or mix chemicals together unless instructed to do so. Wear the personal protective equipment that is designated for that chemical.
Bloodborne Diseases	Don't touch someone else's blood or needles. Only people who are trained in bloodborne pathogens and proper procedures can clean up blood. Wear liquid-resistant gloves if you have to clean up bloody messes.
Violent Crimes	Don't work alone or isolated from others.
Back Injuries	Get help when lifting heavy, awkward, or bulky things...use the buddy system. Don't bend over or twist when lifting.